

A pregnant woman is shown from the waist up, wearing a bright green long-sleeved shirt and pink pants. She is holding her bare pregnant belly with her right hand. The background is a solid orange color.

Eat healthy foods for a slow and steady weight gain. This gives your baby the healthiest start possible—and gives you the kickstart to return to your pre-pregnancy weight.

Putting on weight with  
healthy foods  
makes taking it off A LOT easier

# the ultimate pregnancy makeover



Carla, with daughter

I learned many lessons that helped me during my next two pregnancies. For one thing, babies don't need a lot of food. They need high-quality food. Healthy food. Being pregnant isn't a license to overeat but rather a time to eat more fruits and veggies, low-fat milk, lean meats, and whole grains.

I also learned that walking can be more relaxing than "relaxing". During my next pregnancies I looked forward to walking as often as I could. It was nice to have that time alone to reflect on my life and the one growing in me. I always returned home with a smile.

By making small changes like walking more and eating nutrition-packed foods, I gained just the right amount of weight with my other pregnancies. I had more energy and a better mental attitude while pregnant. The deliveries were less difficult. And losing the weight was easier and quicker. I was doing everything I could for myself, my babies, and my family and that felt good.

My husband knows that pregnancy can be a stressful time. He didn't seem to mind my weight gain. He knows that pregnancy and weight go hand in hand and he expected changes. But I know he enjoyed the second two pregnancies more because I felt more comfortable without the huge weight gain. He sensed I was happier—and I was.

Whether you're pregnant with your first or seventh, take it from me: eat smaller amounts of healthy foods and walk daily. You'll thank yourself later."

"Every mom wants a healthy baby. As a first time mother, I believed that eating, snacking, and resting were the right things to do to have a healthy baby. Sure, when you're pregnant you need to rest and eat a bit more than usual, but I was an overachiever in this area. Eating and resting became my specialty and I gained 40 pounds.